

# PRIME TIME NEWS

## Mountain View Senior Center

**JULY**  
**2010**

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### SENIOR CENTER HOURS

**Monday - Wednesday**

8:30 a.m. - 9:00 p.m.

**Thursday - Friday**

8:30 a.m. - 5:00 p.m.

### SENIOR CENTER STAFF

STEVE ACHABAL  
Senior Recreation Coordinator

MEGAN GARVERICK  
Recreation Coordinator

CYNTHIA SPINELLA  
Office Assistant III

SARAH FOSTER  
NANCY HUGYIK  
JUSTINA LINAN  
Recreation Specialist

ELIZABETH MUSSO  
Lunch Program  
650-964-6586

EVENING BUILDING  
ATTENDANTS  
Jose DeAnda  
Adam Turrey  
Rich Stephens  
Kari Thorson

Center will be closed on  
Monday, July 5<sup>th</sup>

**WORKSHOPS:** Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

**HIRING HELP AT HOME:** When you think of in-home care assistance, is there more you would like to know? Since this service itself is improving and expanding beyond its traditional setup, now is a great time to prepare for yourself or your loved ones. Join Cathy Lynch, from the non-profit organization "Pathways", as she talks about how to choose in-home care, payment options, and what to expect when bringing someone into your home.



**WHEN: Thursday, July 15<sup>th</sup>**

**TIME: 1:00 p.m.**

**LOCATION: Mountain View Senior Center, Rm TBA**



### **MANAGING THE TROUBLESOME**

**GUT:** What is the most important organ system in the body? The brain? The kidneys? How about the digestive system? If you agree that the lowly digestive system deserves more attention or that yours is troublesome, then join Doctor of Chiropractic Hiro Sugawara as he gives an overview of the digestive system.

**WHEN: Thursday, July 22<sup>nd</sup>**

**TIME: 1:00 p.m.**

**LOCATION: Mountain View Senior Center, Rm TBA**

**GENEALOGY PART II:** Tracing family history can be fun and rewarding. It can be a great treasure and a fun puzzle to put everything together. Did you already take a genealogy class on the computer? Sign up with Monica Lipscomb as she helps you get started using the computer for this task. Prerequisite: Basic computer skills and genealogy background. Sign up early as space is limited.

**WHEN: Thursday, July 29<sup>th</sup>**

**TIME: 1:30 p.m.**

**LOCATION: MV Senior Center, Tech Rm**



WORKSHOPS

City of Mountain View, CSD, Recreation Division

266 Escuela Ave., Mountain View, Ca 94040 (650) 903-6330, [www.mountainview.gov](http://www.mountainview.gov)